SACRAMENTO AREA CAREER WOMENS NETWORK, INC.

VOL. 7, NO. 5 MAY, 1991

Two Step Your Way For Mother's Day

Celebrating motherhood . . . Come one, Come all and bring the kids and pets to a fun day at the private Beach Lake Preserve on the Delta. This year we will be featuring Country Western music by Cheryl. Cheryl, along with K.C., another star from the Metropolitan Community Church (MCC), will be offering Two Step and Line Dance lessons.

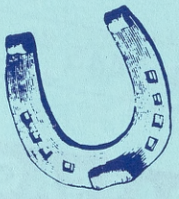
Bring your favorite food to barbecue and SACWN will provide the coals, paper supplies and condiments. Soft drinks, beer and wine will be available for purchase. You can probably expect a good game of softball or soccer for your playing or spectating pleasure.

Folks will be arriving by 11:00 a.m. to get a good shady or sunny location. The coals will be ready to go by 12:30. Fun and music will be abundant all afternoon.

So put on your boots or your high-heeled sneakers and celebrate Mother's Day. Don't forget the Breast Cancer Demonstration, the next day, May 12th, at the west steps of the Capitol. This is a special time to celebrate our womeness and motherhood. A special thanks goes to Kathy Ruhl for making this event happen.

WHERE: BEACH LAKE PRESERVE

Take Freeport Blvd. through the town of Freeport.
Pass the Freeport Bridge. Watch for the CLIFF'S MARINA sign on the right.
Directly to the left is the entrance for Beach Lake Preserve.
Stay on the road to the left and pay as you enter.



PRICE: $6.00 at the entrance. (Children and pets free)

WHEN: SATURDAY, MAY 11th

TIME: 11:00 a.m. to 6:00 p.m.

A Message From The Steering Committee

This Newsletter contains the results of the Annual SACWN Survey that was conducted in March. We have given you the raw data so you can see how the numbers add up. The Steering Committee as a whole is committed to using the results of the survey to make future decisions about upcoming SACWN activities. As with any survey, there is always room for interpretation. The Steering Committee has decided that we will only take action on those issues that have a clear majority from the membership. Where there is ambiguity, SACWN will utilize "mini-polls" at events or in the newsletter to get guidance from the membership.

Looking at the results, a majority of our membership asked that SACWN continue to provide "women only" events. On the issue of "coming out" as a lesbian organization, over half of the membership said DO IT! While there is a majority that thinks SACWN should develop policy on political issues, there are enough undecided votes to make us proceed cautiously. For example, at the last Steering Committee meeting we considered a proposal to have SACWN endorse and make a contribution to the Breast Cancer Demonstration SACWN has been helping to organize for May 12th. After much discussion about the survey results, the Steering Committee decided there wasn't a clear mandate from the membership to do this. If we would have had time, we could have done a "mini-poll" to check in with the membership and get clear direction. While it was disappointing to me that SACWN didn't take this action, I think this demonstrates the Steering Committee's commitment to listen to the membership and base decisions on the data we have. Although SACWN's name won't be listed as an official sponsor, SACWN members have contributed significant amounts of time and money to see that this march takes place. Breast cancer is an issue all of us must recognize.

The Steering Committee will be meeting in May with a professional who designs surveys to go over the results of the survey and how to interpret them. In the next Newsletter we will discuss the results of the survey more. We thank you for the guidance you have given us and we will continue to seek your feedback in the future.

Rosanna Herber
Steering Committee Coordinator

Newsletter Business Directory

HOLLY'S PLACE - TAHOE. A wonderful retreat for womyn only. Bicycles, BBQ, volleyball, NEW hot tub! Hiking, casinoing, lake closeby. Cozy cottages $75-95. Private rooms w/shared bath + kitchen $48-58. Couples + singles welcome! Group discounts. Reservations 916-544-7040. 20% off midweek thru June 15th.

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A Hot Simmering Night . . .

Be sure to mark **Friday, June 21st,** on your sultry summer calendar. SACWN will host a dance at the Holiday Inn at I-80 and Madison. We promise a large dance floor and music that will get you moving. More details to follow in the June Newsletter.

STEERING COMMITTEE

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SACWN, Inc. solicits letters regarding issues, concerns, etc. Please send letters signed to Editor, at above address. Names will appear with prior approval. **Letters and articles may be shortened due to space restrictions. To retain individual flair, minimal editing is done on articles submitted by members.**

NEWSLETTER STAFF

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To help with the Newsletter, please call Marta at 456-9312.

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All art and payment is **due on the 2nd Tuesday of the month** for next month's issue. Send to SACWN, Inc., P.O. Box 661332, Sacramento, CA 95866.

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SACWN MEMBERSHIP SURVEY RESULTS

May 1991

Below is the raw data from the 1991 SACWN survey. Out of 500 surveys sent to members, we received 189 replys. The N/A column indicates "no answer." The Steering Committee welcomes your comments on the survey. Send them to SACWN, P.O. Box 661332, Sacramento, CA 95866. Please indicate whether we can print your comments in the newsletter.

Thanks for your feedback! We will use this data in the coming year when making decisions on these issues.

1. Would you be in favor of inviting gay men friends to attend SACWN's June dance in honor of Gay Pride Week?

80 - yes **98** - no **10** - undecided **7** - N/A

2. Would you support inviting gay men to the following kinds of events in the future?

a.	Programs	**57**	- yes	**112**	- no	**13** - undecided	**7** - N/A
b.	Dances	**34**	- yes	**134**	- no	**16** - undecided	**5** - N/A
c.	Picnics	**58**	- yes	**114**	- no	**13** - undecided	**3** - N/A
d.	Networking Programs	**66**	- yes	**107**	- no	**12** - undecided	**4** - N/A

3. Do you support the use of the word "lesbian" in SACWN's written communication, such as advertisements, stationery, business cards, etc.

116 - yes **56** - no **16** - undecided **1** - N/A

4. Do you support Steering Committee members representing SACWN as a lesbian organization in the media?

109 - yes **61** - no **19** - undecided **1** - N/A

5. Should SACWN as an organization become more involved in developing and implementing policy on political issues?

92 - yes **74** - no **18** - undecided **5** - N/A

6. Should SACWN as an organization become more involved in the following political issues?

YES	NO	Undecided	N/A		
81	**89**	**11**	**8**	a.	endorse/support political candidates
130	**43**	**9**	**7**	b.	support pro-lesbian/gay initiatives and legislation
41	**119**	**19**	**10**	c.	donate money to political campaigns
81	**74**	**20**	**14**	d.	plan joint events with other political organizations (eg. RCDC, CAPPAC)
101	**63**	**15**	**10**	e.	sponsor special candidate forums during election time
116	**45**	**13**	**15**	f.	provide information/education only about political issues

7. If the majority of the membership supports any of the above issues, how should the decision(s) be implemented?

Membership Vote (Majority) - MV
Steering Committee - SC
Vote by Open Forum Audiences - VOF

MV	SC	VOF	N/A		
138	**22**	**13**	**16**	a.	endorse/support political candidates
126	**36**	**15**	**12**	b.	support pro-lesbian/gay initiatives and legislation
135	**22**	**12**	**20**	c.	donate money to political campaigns
102	**62**	**7**	**18**	d.	plan joint events with other political organizations (eg. RCDC, CAPPAC)
98	**68**	**6**	**17**	e.	sponsor special candidate forums during election time
89	**73**	**9**	**18**	f.	provide information/education only about political issues

A Personal Story

By Marta Kravech

It's not uncommon to hear and read about the prevalence of breast cancer these days. There's no shortage of statistics to show that more women, especially lesbians, are faced with the unexpected fateful news that transforms lives. Yet we still believe that, "it will never happen to me."

Jayne Rountree, like thousands of others, was unprepared when she received the traumatic news that the doctor had found cancer growing in one of her breasts. Pausing to reflect, she says, "I was hit hard when the doctor said I had to come back after my biopsy," "there was no cancer in my family and I was shocked." Now, Jayne talks freely about the ongoing process of living with cancer that includes her gradual recovery and heightened awareness about living to the fullest.

"You find out who your friends really are," says Jayne of the many who wouldn't call or talk about what happened after she had one breast removed. Recognizing that it isn't an easy conversation, Jayne is stressing that others be more aware of persons who have had cancer and to become more sensitive to their needs, especially the need to talk. Simply asking about the results of exams or chemotherapy seems to be a way to begin breaking the silence imposed by fears.

While interviewing Jayne, I couldn't resist asking her to reveal how this life threatening illness changed her life. Because Jayne lives knowing that cancer may recur she is perhaps more aware than most about her mortality. An initial state of denial has led her to therapy where she is not only confronting feelings about dying, but also sorting through control issues that sometimes get in the way of living. "I'm an overachiever and fun was like an "F" word, but now I'm plugging in more fun and I'm grateful for everything that I have," says Jayne. Helping people realize their dream of owning a house as a real estate broker is one of her biggest pleasures followed by an active involvement in the community. Friends and health come first in Jayne's life. So often she is saddened by how women take their health for granted by abusing their bodies, but she realizes more than ever that while anything can happen, each person is responsible for taking care of their health.

All Women Are At Risk Demonstration Against Breast Cancer

Sunday, May 12, 1991
Mother's Day - 2 p.m.
West steps of the Capitol

For information call Rosanna at 451-1682

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COMMUNITY CALENDAR

MAY 3rd. Claire McNab, mystery writer and author of *Lessons in Murder, Fatal Reunion* and *Death Down Under,* will be at Lioness Bookstore (2224 J Street) at 7:00 p.m. to read from her new novel *Cop Out.* Special guest Katherine Forrest will introduce Claire.

MAY 10th. Hallie Iglehart Austen, author of *Women Spirit: A Guide to Women's Wisdom* and *The Heart of the Goddess: Art, Myth and Meditations of the World's Sacred Feminine,* will be presenting a lecture and slide show on images of goddesses of the world. Lioness Bookstore, 7:00 p.m.

MAY 11th. SACWN's Picnic to honor mothers. Children welcome.

MAY 12th. Celebrate your mother and then attend the Demonstration Against Breast Cancer on the west steps of the Capitol from 2 to 4 p.m. SACWN is helping in the planning of this event. Call Rosanna Herber at 451-1682 if you want to volunteer.

MAY 27th. Nona Caspers, author of short stories, will be at Lioness Bookstore at 7:00 p.m. to read from her novel *The Blessed.*

JUNE 1st. Join the AIDS Walk to raise money to benefit local organizations serving people with AIDS. The walk begins at 10 a.m. on the west steps of the Capitol. Call 552-6767 for details.

JUNE 3rd. Ballroom/Western Dance minicourse for the lesbian/gay community begins. Call John Batchelor at 453-8991, for info.

Note: The local chapter of the National Organization for Women is looking for a Lesbian Task Force Coordinator for their group. This is a voting board position with a separate annual budget. Call Jody at 443-3470 or 481-3328 if you are interested.

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Thank you for a job well done . . .

Thank you to all of the women who participated in the April Networking Program by presenting entertaining and informative talks, information at tables, and donating gifts to our raffle! It was wonderful to see so many women-owned-and-run businesses under one roof! Let's continue to keep in touch and support each other. Thanks to Maureen and Terri from the Lambda Players for a thoughtful and very entertaining presentation. A big thank you also goes to all who helped run the program, particularly those on the Networking Committee: Barbara, Pat, Jan, Dorothy, Nancy, Cathrine, and Laurel.

Perhaps we can make this an annual event! Please give us your feedback, thoughts, and ideas. We'd love to hear from you.

Susan Goodrich
Networking Coordinator

THANK YOU

to the following businesses who donated to our raffle at the April "Women in Business" Faire:

Susan Abelar - Certified Massage Therapist
Remy Ceci - GBC Realtors
Denooyer & Douglass - Amway
Hair Cutting Mill
Dori O'Rourke - On Target
Kathy Streuver - Nuskin
Whitney & Killick Financial Services
Z.A.P. Art Services
Good Earth Restaurant
SAGA IV
Classic Buff
Chalk Chiropractic
MGW Newspaper
Working Together
Stoddard Tile

And CONGRATULATIONS to the very lucky winners!!!

Lesbian Couples Communications Workshops

*

For more information, call
Sandra Warne, MFCCI, 973-9721

SACWN Wants You! Lambda Freedom Fair

The Lambda Freedom Fair is coming up in June as part of Gay Pride Week in Sacramento. Last year SACWN had a booth to share information about our organization with the public. This is a good opportunity to display our brochures, sell T-shirts, and answer questions. But, we need bodies to organize and run the booth or we won't be able to have one. We need you to let others know what SACWN means to you. Please call SACWN at 486-8985 and leave your name and phone number if you can spare some time to help. *Thank you.*

Get Involved in SACWN's Events

Have you recently met someone who is the talk of the town? Or perhaps heard an exciting speaker whose message left an indelible impression? If your answer is yes, then we would like to get your ideas for our upcoming events. No doubt, some of you are excellent organizers with abilities to juggle schedules and priorities. Your talents and energy could be a great asset to our organization. So whether you have some good ideas which you may or may not want to carry out personally, comments about an event you've enjoyed or modifications you'd make or simply want to get involved by putting on or helping with an event, don't hesitate to contact a Steering Committee member by phone or directly at the next SACWN event. The Steering Committee is genuinely interested in receiving your input.

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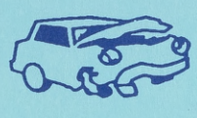

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Emotions and Your Health . . . A Balancing Act

By Sandra Warne, M.A.

ATTITUDES, EMOTIONS, DIS-EASE

May is Cancer Awareness Month and it is time that we recognize it as an epidemic in our society and collectively work toward eliminating the sense of shame that surrounds it. One out of three to four of us will develop or has developed cancer. This is not an outbreak like Legionnaires that strikes and quietly falls back into the woodwork. Bringing cancer out of the closet will allow us to meet its challenges and lend helpful support to ourselves, families, friends and lovers.

According to surgeon and author Bernie Siegel, people afflicted with life threatening diseases such as cancer can learn to live with their illness and exert incredible control over their wellness. It has not been the norm for the medical profession to study people who fully recover from catostrophic illness, but through the work of Gerald Jampolsky, Bernie Siegel, Carl Simonton and Lawrence Lurshawn we are now getting the results of such studies.

Using one's mind to aid in the healing process is not an easy task. Only a small percentage of people want to actively participate in their own recovery. I believe that we have the responsibility to participate in recovery from illness, be it ours, or someone else's. We need to join the healing teams and seek out all available medical, psychological and spiritual resources and openly contribute to the positive energy that goes into healing. Diseases such as cancer and AIDS need to be talked about among us so that group energy is available for the restoration of health.

Persons who choose to participate in their recovery must be open to learning the lines of mind-body communication and send "live" messages to the body through emotions. Positive emotions like love, acceptance and forgivenss stimulate the immune system. Learning to let go of negative emotions is the key. I'm not suggesting that we are the cause of our cancer, but there is evidence to suggest that our emotions do have impact and that taking care of our mental as well as physical health is the best prevention.

The time has come to explode the negative myths, fears and prejudices about cancer and exceed our expectations. We will benefit and live more meaningful lives if we openly talk about cancer and health.

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SPECIAL INTEREST GROUPS

This month we'd like to recognize all the subscribers who have participated in a Special Interest Group over the years. Judging by the comments we hear, the SIGs are serving as an important source of fun, friendship, romance, support and problem-solving for our community. It takes the involvement of a large cross-section of subscribers to make this work. That the SIGs are such a success is a tribute to all who have participated in them.

If you have a success story you'd like to share in this space, please call Ellie. Also, if you have comments about current SIGs or ideas for new ones, call Ellie.

Ellie Zacks, 967-0611 — Coordinator
Kathy Mullen — Associate

BRIDGE

Our third marathon, held April 6th, was a great success. Twelve players consumed gallons of delicious homemade soup and cornbread and played bridge will into the night. Bridge games this month are scheduled for Friday, May 10, at Kathy's, 7 p.m., and Sunday, May 26, at Suzy's, 4 p.m. Call Joyce for information, 1-676-4317.

GOLF

Anyone who would like to play golf this summer with the group, call Jane, 424-3153. Also, we are looking for someone to facilitate this group for 1991. Call Ellie if you'd be interested, 967-0611.

SINGLES . . . and OTHERS

Are you single? or not? Would you like to join a great social group for house parties, hikes, miniature golf, etc? Call Joan, 1-795-1336, or Suan or Ann, 927-6038.

SELF-EMPLOYED WOMEN

This group has been discontinued due to lack of interest at this time. If enough people call Ellie, it will be started again.

BOOK GROUP

May is the month and May is the person. The Book Group this month is reading May Sarton: *The Education of Harriet Hatfield.* Please join us for an entertaining book. Call Gretchen, 922-6287 for more details. Third Sunday of the month at 3 p.m.

LATE-BLOOMERS

You're invited to a safe, friendly group where any and all coming out issues are treated with respect, understanding and often humor. You might be surprised to find out how "normal" some of your feelings are. Join us Thursday, May 16, 7:30 p.m. Call Mary V., 1-677-8901, or Mary G. 395-1446.

CULTURE CLUB

Dear Mom, Last weekend the Culture Club went to S.F. We went to a museum, to Green's for lunch, then bargain shopping. Our next outing is to Nevada City to see a play. Great company, always good food. We sure are having fun. Love, Ann, 927-6038.

RELATIONSHIP ADDICTION

Our definition of relationship addiction is, "In spite of ample evidence that something isn't good for us, we can't stop our involvement in it." (Norwood). We are a small group offering support and a safe place as well as a 12-step study of relationship addiction. We do discourage partners from participating in the group. We meet on Tuesdays; a day group is forming also. Call Judie, 481-5001.

TOP TEN

The Top Ten is a group for women over 50 and their friends. We meet once or twice a month for fun and conversation. If you'd like to get acquainted, call Ariel at 483-9794 for info.

DAVIS OVER 30

Our gathering for May is scheduled for Saturday, May 18th. Call Chris at 758-0879 or Shelley, 753-0470 for details and location.

SCUBA DIVERS

This group will reconvene in the warm season.

OUTDOOR RECREATION

Carol, 451-7933.

HORSING AROUND

Snowy, 1-272-2095.

SECOND STAGE RECOVERY

Are you no longer new to recovery? Are you frustrated with living in the problem and ready and willing to move into the solution. We are a group of women in recovery. We come from the experience of co-dependency, ACA, Al-Anon, relationship addiction, AA, DA, and OA and have found many commonalities. In Second Stage Recovery, we will meet to support each other in our growth and the ongoing recovery process using 12-step principles. Call Ann, 927-6038 or Kathye, 1-753-4204.

CAMPING - RV and TENT TRAILERS

At press time last month, we said we had a trip to Coloma; the trip was postponed due to rain. We're looking for a date to reschedule this trip. If you'd like to be part of this group, call Jayne, 921-6642, and give her some dates when you can go.

WOMEN SURVIVING BREAKUP

Women Surviving a Breakup offers a supportive environment for those who are in the throes of a break up. It's a chance to be open in a safe environment and meet new friends who can help you through some of the hard times. This group meets every two weeks on Sunday afternoons. For more info, call Pam, 421-6576, or Sandy, 933-0670.

SOFTBALL

We are off to a great start. We've actually been able to form 2 teams and play a real game. So far, Sunday mornings are the most popular meeting time. Join the fun. Call Pam at 1-773-5292, or Linda W., 446-9156.

twentysomething

Interested in fun? In your 20's or early 30's? Join us at our monthly potluck party where we socialize and plan future adventures. Call Tina, 456-1913, or Michele, 447-3989.

PLAY READING

Call Lenora, 444-0102.

WOMEN WHO JOG TOO MUCH

Are you interested in getting together Saturday mornings for an *informal* workout? This is not another group to join, just fun. Call Irene, 923-2455.

NEW GROUPS

COMPUTERS

Several people have expressed interest in a computer group and a facilitator has volunteered. Call Bobbie, 641-7865, for info.

COUPLES GROUP

A potluck and game night was held in April. For information on the May event, call Vera, 383-8159.

Joan Frazzini,
LCSW LG9415

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SACWN, INC. — SUBSCRIPTION/ RENEWAL BY MAIL

All subscriptions may be paid in full or in 2 installments, the second installment due in 6 months. Subscription entitles you to our monthly Newsletter and discounts for all functions. Please select the appropriate category and send a check for the correct amount, payable to SACWN, Inc.

New Subscription ☐ Renewal ☐

CATEGORIES	RATES	
Student/Senior/Disabled/Limited Income Subscriber -	$24.00/year	_____
Regular Subscriber -	$36.00/year	_____
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Enclosed check and mail to: SACWN, Inc., P.O. Box 661332, Sacramento, CA 95866

Name _____

Address _____

City _____ State _____ Zip _____

Phone (H) _____ (W) _____

Career Interests _____

This form is NOT a permanent record. Please note: Names on checks are listed in our financial records and may be audited. You may elect to pay cash for your subscription and/or admission to our events. For your protection, do not send cash through the mail. If subscribing by cash, please make your payment at the next meeting you attend.

WAIVER — I AM AWARE THAT CERTAIN RISKS OR INJURIES COULD OCCUR ARISING FROM MY PARTICIPATION IN SACWN, INC. EVENTS AND/OR SPECIAL INTEREST GROUPS. IN CONSIDERATION OF THE RIGHT TO PARTICIPATE IN SUCH EVENTS, SOME OF WHICH MAY INVOLVE STRENUOUS ACTIVITY (I.E. HIKING, GOLFING, SKIING, CYCLING, ETC.), I HEREBY ASSUME ALL RISKS AND WILL HOLD SACWN, INC. AND ITS MEMBERS HARMLESS FROM ALL LIABILITY WHICH MAY ARISE IN CONNECTION WITH THESE ACTIVITIES.

SIGNATURE _____ **DATE** _____

***LIMITED INCOME - SACWN, Inc. considers a person living on a limited income to be anyone who is having a difficult time paying for basic necessities — food, utilities and rent — and who rarely considers entertainment as part of their budget. SENIORS, STUDENTS, DISABLED — Age 65+ on Limited Income; Students 21+ on Limited Income; Disabled Citizens on Limited Income.**

MOTHER'S DAY PICNIC

May 11th, 11:00 a.m. - 6:00 p.m.

Name: _____

Address: _____

_____

Phone: _____

TICKETS:	# of tickets	Member's name or #
All who attend $6.00	_____	_____

TOTAL TICKETS _____ **TOTAL ENCLOSED** _____

Make checks payable to SACWN, Inc. Send reservations, check, or money order and a **self-addressed stamped envelope to: SACWN, Inc., P.O. Box 661332, Sacramento, CA 95866.**

SACWN, Inc.
P.O. Box 661332
Sacramento, CA 95866